

Ain't No Way

Script approved by

Jan Brookfield



Shania Twain

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Side, Close, Side Close Forward, Side, Close, Side Close Forward.		
1 - 2	Step right to right side. Close left beside right.	Right Close	Right
3 & 4	Step right to right side. Close left beside right. Step right forward	Side Close Step	Forward
5 - 6	Step left to left side. Close right beside left.	Left Close	Left
7 & 8	Step left to left side. Close right beside left. Step left forward	Side Close Step	Forward
Section 2	Rock Recover, 3/4 Turn Shuffle, Rock Recover, Coaster Step.		
1 - 2	Rock forward on right. Rock back onto left.	Forward Rock	On the spot
3 & 4	Triple step 3/4 turn right, stepping - Right, Left, Right.	Triple Turn	Turning right
5 - 6	Rock forward on left. Rock back onto right.	Rock Step	On the spot
7 & 8	Step back left. Step right beside left. Step forward left.	Coaster Step	On the spot
Section 3	Rock & Cross, Step, Behind & Heel Ball Cross, Side Rock, 1/4 Turn		
1 & 2	Rock right to right side. Rock onto left in place. Step right across left.	Rock And Cross	On the spot
3 - 4	Step left to left side. Cross right behind left.	Side Behind	Left
& 5	Step slightly back on left. Tap right heel diagonally forward.	And Heel	On the spot
& 6	Step ball of right beside left. Cross left over right.	Ball Cross	Right
7 - 8	Rock to right side on right. Rock onto left making 1/4 turn to left.	Rock Turn	Turning left
Section 4	Step Lock Step, Step 1/2 Pivot, Rock And Cross, 1/4 Turn, 1/2 Turn		
1 & 2	Step forward right. Lock left behind right. Step forward right.	Right Lock Step	Forward
3 - 4	Step left forward. Pivot 1/2 turn right.	Step Pivot	Turning right
5 & 6	Rock to left side on left. Rock onto right in place. Cross left over right.	Rock And Cross	On the spot
7	Make 1/4 turn left stepping back onto right.	Turn	Turning left
8	Make 1/2 turn left stepping forward onto left.	Turn	

BEGINNER/INTERMEDIATE

4 Wall Line Dance:- 32 Counts. Beginner/Intermediate.

Choreographed by:- Jan 'Stray Cat' Brookfield (UK) May 2003.

Choreographed to:- 'Forever & For Always' by Shania Twain (168 bpm) from 'Up' album, Red or Green CD (start on vocals).

Music Suggestion:- 'The Long Goodbye' by Brooks & Dunn (144bpm) from Steers & Stripes album (Start on vocals).